



THE BEST SOURCE OF DATA ON MOTHERS AND BABIES

New Hampshire

What is PRAMS?

The Pregnancy Risk Assessment Monitoring System (PRAMS) was developed in 1987 by the Centers for Disease Control and Prevention (CDC) as part of an initiative to reduce infant mortality and low birth weight. PRAMS is an ongoing, state-specific, population-based surveillance system designed to identify and monitor selected maternal behaviors and experiences before, during, and after pregnancy.

New Hampshire joined the PRAMS project and began data collection in 2013. NH staff work in the Maternal & Child Health Section of the Division of Public Health Services.

What is the purpose of PRAMS?

The PRAMS survey was designed to supplement vital records data by providing state-specific information on maternal behaviors and experiences, to be used for planning and assessing perinatal health programs.

Because PRAMS uses standardized data collection methods nationwide, survey data can be compared among states.

"We hope that all selected women will agree to participate and share their unique and valuable experiences. Their input will help shape future health policies and programs statewide."



**Dr. José Montero, Director of the
NH Division of Public Health Services**

What are PRAMS' goals and objectives?

The overall goal of PRAMS is to reduce infant morbidity and mortality by influencing maternal behaviors during and immediately after pregnancy. Four specific objectives to achieve PRAMS' goal are:

- To collect population-based data of high scientific quality on topics related to pregnancy and early infancy.
- To conduct comprehensive analyses to better understand the relationships between behaviors, attitudes, and experiences during and immediately after pregnancy.
- To translate results from analyses into information for planning and evaluating public health programs and policy.
- To build the capacity of states to collect, analyze, and translate data to address relevant public health issues.

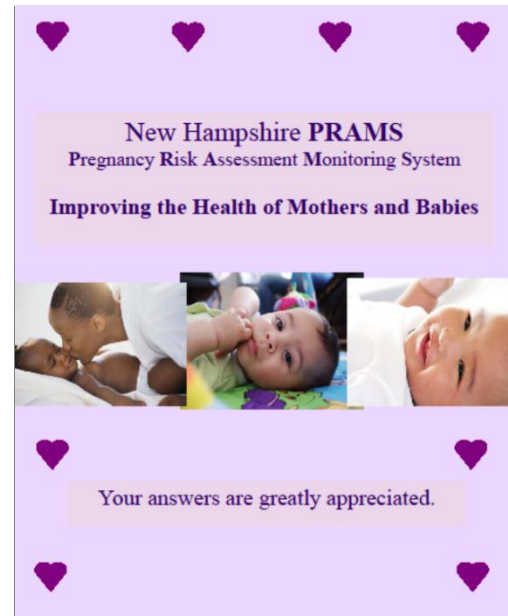
How PRAMS works —

- Survey booklets are mailed each month to approximately 85 women (New Hampshire residents) who have recently given birth.
- The women who receive a survey are randomly selected from the State birth certificate records; the overall chance of being selected is approximately 1 in 12.
- PRAMS asks about women's experiences and behaviors shortly before, during, and shortly after pregnancy.
- The information collected will help the Department of Health and Human Services to develop and improve programs for new moms and babies.
- All information is strictly confidential, and all answers are grouped together.
- Participation is voluntary.
- A free heirloom birth keepsake is offered to every mother who completes the survey.
- Each mailing also contains an Informed Consent document, a page of Frequently Asked Questions, and a Resource List of useful phone numbers and website addresses.
- A postage-paid envelope is provided with the survey for return by mail.
- Non-returned surveys are followed up by phone calls from the PRAMS staff; the survey can be completed by telephone.
- We hope that every woman who is selected will agree to fill out and return her survey, or to complete it by telephone—every woman's experience and perspective is important.



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New Hampshire PRAMS
Maternal & Child Health Section
Department of Health & Human Services
29 Hazen Drive
Concord, NH 03301-6504
PRAMS@dhhs.state.nh.us
1-800-852-3345 x2081



PRAMS questionnaire booklet

What information does PRAMS collect?

The PRAMS survey consists of a core section used by all participating states (40 states and NY City as of 2013) and a state-specific section developed to address each state's particular data needs. Question topics include the following:

- Attitudes and feelings about the pregnancy
- Barriers to and content of prenatal care
- Hospital services and induction of labor
- Folic acid intake
- Pregnancy-related violence
- Psychosocial support and stress
- Use of alcohol and tobacco before and during pregnancy
- Infant's early development, health care, and sleep position
- HIV testing
- Health insurance coverage
- Arsenic in drinking water
- Text messaging
- Social network information sources